



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01017, Cheese, cream

Report Date: June 22, 2017 11:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	52.62	--	0.427	49.67	54.61	5.0	51.525	53.722	1	Analytical or derived from analytical	--	02/2015
Energy	kcal	350	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Energy	kJ	1466	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Protein ¹	g	6.15	--	0.080	5.04	7.15	9.0	5.971	6.333	1	Analytical or derived from analytical	--	02/2015
Total lipid (fat) ¹	g	34.44	--	0.261	33.05	36.49	5.0	33.773	35.112	1	Analytical or derived from analytical	--	02/2015
Ash ¹	g	1.27	--	0.037	1.02	1.52	9.0	1.183	1.349	1	Analytical or derived from analytical	--	02/2015
Carbohydrate, by difference	g	5.52	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total ¹	g	3.76	--	0.108	3.2	4.2	1.0	2.653	4.859	1	Analytical or derived from analytical	--	02/2015
Sucrose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Fructose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Lactose ¹	g	3.76	--	0.108	3.2	4.2	1.0	2.653	4.859	1	Analytical or derived from analytical	--	02/2015
Maltose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Galactose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Starch ²	g	0.35	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Minerals													
Calcium, Ca ¹	mg	97	--	2.901	73	136	7.0	89.813	103.419	1	Analytical or derived from analytical	--	02/2015
Iron, Fe ¹	mg	0.11	--	0.007	0.1	0.17	4.0	0.087	0.126	1	Analytical or derived from analytical	--	02/2015
Magnesium, Mg ¹	mg	9	--	0.357	7	12	10.0	8.674	10.263	1	Analytical or derived from analytical	--	06/2008
Phosphorus, P ¹	mg	107	--	1.912	95	132	7.0	102.215	111.409	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1	mg	132	--	5.695	99	167	8.0	119.146	145.315	1	Analytical or derived from analytical	--	02/2015
Sodium, Na 1	mg	314	--	7.216	282	357	9.0	298.138	330.552	1	Analytical or derived from analytical	--	02/2015
Zinc, Zn 1	mg	0.50	--	0.016	0.36	0.66	10.0	0.463	0.534	1	Analytical or derived from analytical	--	02/2015
Copper, Cu 1	mg	0.018	--	0.000	0.02	0.02	10.0	0.018	0.018	1	Analytical or derived from analytical	--	02/2015
Manganese, Mn 1	mg	0.011	--	0.000	0.01	0.01	10.0	0.011	0.011	1	Analytical or derived from analytical	--	06/2008
Selenium, Se 1	µg	8.6	--	0.479	7.3	10.1	2.0	6.612	10.576	1	Analytical or derived from analytical	--	02/2015
Vitamins													
Vitamin C, total ascorbic acid 2	mg	0.0	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Thiamin 1	mg	0.023	--	0.002	0.02	0.03	2.0	0.016	0.03	1	Analytical or derived from analytical	--	02/2015
Riboflavin 1	mg	0.230	--	0.006	0.22	0.25	3.0	0.211	0.249	1	Analytical or derived from analytical	--	02/2015
Niacin 1	mg	0.091	--	0.008	0.05	0.12	3.0	0.062	0.12	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.517	--	0.012	0.45	0.58	1.0	0.439	0.595	1	Analytical or derived from analytical	--	02/2015
Vitamin B-6 ¹	mg	0.056	--	0.002	0.05	0.07	3.0	0.049	0.062	1	Analytical or derived from analytical	--	02/2015
Folate, total ¹	μg	9	--	--	9	10	--	--	--	1	Analytical or derived from analytical	--	02/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Folate, DFE	μg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Choline, total ³	mg	27.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine ³	mg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-12 ¹	μg	0.22	--	0.027	0.1	0.34	4.0	0.143	0.295	1	Analytical or derived from analytical	--	02/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	308	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol 1	µg	303	--	34.717	226	358	2.0	96.63	509.385	1	Analytical or derived from analytical	--	02/2015
Carotene, beta 1	µg	59	--	4.760	47	70	2.0	35.928	82.786	1	Analytical or derived from analytical	--	02/2015
Carotene, alpha 1	µg	1	--	0.215	0	1	1.0	-1.146	2.458	1	Analytical or derived from analytical	--	02/2015
Cryptoxanthin, beta 1	µg	2	--	0.134	2	2	2.0	1.341	2.74	1	Analytical or derived from analytical	--	02/2015
Vitamin A, IU	IU	1111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Lycopene 1	µg	0	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Lutein + zeaxanthin 1	µg	7	--	0.007	6	9	2.0	7.418	7.48	1	Analytical or derived from analytical	--	02/2015
Vitamin E (alpha-tocopherol) 1	mg	0.86	--	0.070	0.66	1.16	3.0	0.615	1.097	1	Analytical or derived from analytical	--	02/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma 1	mg	0.41	--	0.044	0.34	0.54	4.0	0.288	0.532	1	Analytical or derived from analytical	--	02/2015
Tocopherol, delta 1	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Vitamin D2 (ergocalciferol) 1	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D3 (cholecalciferol) 1	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2015
Vitamin K (phylloquinone) 1	µg	2.1	--	--	2.1	2.2	--	--	--	1	Analytical or derived from analytical	--	02/2015
Lipids													
Fatty acids, total saturated	g	20.213	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
4:0 1	g	0.718	--	0.006	0.68	0.76	9.0	0.704	0.731	1	Analytical or derived from analytical	--	02/2015
6:0 1	g	0.592	--	0.004	0.56	0.62	6.0	0.581	0.603	1	Analytical or derived from analytical	--	02/2015
8:0 1	g	0.366	--	0.003	0.34	0.39	6.0	0.359	0.373	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 1	g	0.868	--	0.008	0.81	0.92	8.0	0.85	0.886	1	Analytical or derived from analytical	--	02/2015
12:0 1	g	1.004	--	0.009	0.93	1.07	8.0	0.983	1.026	1	Analytical or derived from analytical	--	02/2015
14:0 1	g	3.275	--	0.029	3.07	3.42	9.0	3.209	3.34	1	Analytical or derived from analytical	--	02/2015
15:0 1	g	0.344	--	0.004	0.31	0.37	9.0	0.335	0.354	1	Analytical or derived from analytical	--	02/2015
16:0 1	g	9.405	--	0.132	8.67	10.27	8.0	9.103	9.708	1	Analytical or derived from analytical	--	02/2015
17:0 1	g	0.207	--	0.002	0.2	0.22	5.0	0.201	0.213	1	Analytical or derived from analytical	--	02/2015
18:0 1	g	3.365	--	0.055	3.13	3.71	7.0	3.235	3.495	1	Analytical or derived from analytical	--	02/2015
20:0 1	g	0.045	--	0.001	0.04	0.05	6.0	0.043	0.047	1	Analytical or derived from analytical	--	02/2015
22:0 1	g	0.014	--	0.000	0.01	0.02	6.0	0.013	0.015	1	Analytical or derived from analytical	--	02/2015
24:0 1	g	0.008	--	0.000	0.01	0.01	8.0	0.008	0.009	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	8.907	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
14:1 ¹	g	0.346	--	0.005	0.31	0.37	9.0	0.335	0.357	1	Analytical or derived from analytical	--	02/2015
15:1 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
16:1 undifferentiated ¹	g	0.651	--	0.011	0.55	0.7	9.0	0.626	0.675	1	Analytical or derived from analytical	--	02/2015
16:1 c ¹	g	0.542	--	0.012	0.45	0.59	9.0	0.516	0.569	1	Analytical or derived from analytical	--	02/2015
16:1 t ¹	g	0.108	--	0.002	0.1	0.12	5.0	0.103	0.114	1	Analytical or derived from analytical	--	02/2015
17:1 ¹	g	0.068	--	0.001	0.06	0.08	6.0	0.065	0.07	1	Analytical or derived from analytical	--	02/2015
18:1 undifferentiated ¹	g	7.776	--	0.082	7.39	8.21	7.0	7.583	7.969	1	Analytical or derived from analytical	--	02/2015
18:1 c ¹	g	6.940	--	0.072	6.63	7.33	7.0	6.769	7.111	1	Analytical or derived from analytical	--	02/2015
18:1 t ¹	g	0.836	--	0.013	0.76	0.92	9.0	0.807	0.865	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 ¹	g	0.064	--	0.001	0.06	0.07	7.0	0.06	0.067	1	Analytical or derived from analytical	--	02/2015
22:1 undifferentiated ¹	g	0.002	--	0.000	0	0	9.0	0.002	0.002	1	Analytical or derived from analytical	--	02/2015
22:1 c ¹	g	0.002	--	0.000	0	0	9.0	0.002	0.002	1	Analytical or derived from analytical	--	02/2015
22:1 t ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
24:1 c ¹	g	0.000	--	0.000	0	0	6.0	--	0.001	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total polyunsaturated	g	1.483	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
18:2 undifferentiated ¹	g	1.212	--	0.014	1.15	1.31	9.0	1.18	1.244	1	Analytical or derived from analytical	--	02/2015
18:2 n-6 c,c ¹	g	0.807	--	0.011	0.74	0.87	8.0	0.781	0.834	1	Analytical or derived from analytical	--	02/2015
18:2 CLAs ¹	g	0.180	--	0.004	0.16	0.2	9.0	0.171	0.189	1	Analytical or derived from analytical	--	02/2015
18:2 t not further defined ¹	g	0.225	--	0.004	0.2	0.24	8.0	0.217	0.233	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated ¹	g	0.131	--	0.002	0.12	0.14	9.0	0.127	0.136	1	Analytical or derived from analytical	--	02/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.125	--	0.002	0.11	0.13	8.0	0.121	0.129	1	Analytical or derived from analytical	--	02/2015
18:3 n-6 c,c,c ¹	g	0.002	--	0.000	0	0	7.0	0.001	0.003	1	Analytical or derived from analytical	--	02/2015
18:3 <i>i</i> ¹	g	0.004	--	0.000	0	0.01	8.0	0.004	0.004	1	Analytical or derived from analytical	--	02/2015
18:4 ¹	g	0.001	--	0.001	0	0	9.0	--	0.002	1	Analytical or derived from analytical	--	02/2015
20:2 n-6 c,c ¹	g	0.007	--	0.000	0.01	0.01	6.0	0.006	0.007	1	Analytical or derived from analytical	--	02/2015
20:3 undifferentiated ¹	g	0.039	--	0.001	0.04	0.04	8.0	0.037	0.041	1	Analytical or derived from analytical	--	02/2015
20:3 n-6 ¹	g	0.036	--	0.001	0.03	0.04	9.0	0.035	0.038	1	Analytical or derived from analytical	--	02/2015
20:4 undifferentiated ¹	g	0.053	--	0.001	0.05	0.06	8.0	0.05	0.055	1	Analytical or derived from analytical	--	02/2015
20:5 n-3 (EPA) ¹	g	0.010	--	0.000	0.01	0.01	9.0	0.009	0.011	1	Analytical or derived from analytical	--	02/2015

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22:4 ¹	g	0.008	--	0.000	0.01	0.01	7.0	0.007	0.009	1	Analytical or derived from analytical	--	02/2015
22:5 n-3 (DPA) ¹	g	0.020	--	0.000	0.02	0.02	9.0	0.019	0.021	1	Analytical or derived from analytical	--	02/2015
22:6 n-3 (DHA) ¹	g	0.000	--	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	02/1995
Cholesterol ¹	mg	101	--	1.063	96	103	3.0	97.68	104.607	1	Analytical or derived from analytical	--	02/2015
Amino Acids													
Tryptophan	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Threonine	g	0.233	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Isoleucine	g	0.324	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Leucine	g	0.657	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Lysine	g	0.567	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Methionine	g	0.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Phenylalanine	g	0.291	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Tyrosine	g	0.303	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Valine	g	0.395	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Arginine	g	0.235	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Histidine	g	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Alanine	g	0.184	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Aspartic acid	g	0.514	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Glutamic acid	g	1.304	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Glycine	g	0.142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline	g	0.665	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Serine	g	0.374	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Hydroxyproline ²	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18c, 2014 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8i, 2004 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD